WHAT IS CLAIMED IS:

- 1. A method for producing a carbohydrate foam composition comprising the steps of:
- 5 (a) pre-wetting at least one water-insoluble carbohydrate with a pre-wetting agent;
 - (b) mixing said pre-wetted carbohydrate with an aqueous solution capable of at least partially dissolving the carbohydrate;
- (c) introducing a gas into said carbohydrate/aqueous solution to
- 10 form a foam.

- The method of claim 1, wherein the pre-wetting agent is water.
- 15 3. The method of claim 1, wherein the carbohydrate is selected from cellulose or chitin.
 - The method of claim 3, wherein the cellulose is selected from mixed office waste or fluffed pulp.
 - The method of claim 1, further comprising heating the aqueous solution prior to mixing with the carbohydrate.
- $6. \qquad \text{The method of claim 5, wherein the temperature of the} \\ 25 \qquad \text{aqueous solution is maintained from about } 20^o \text{ to about } 95^o \text{ C}.$
 - 7. The method of claim 5, wherein the temperature of the aqueous solution is maintained from about 60° to about 80° C.
- 30 8. The method of claim 5, wherein the temperature of the aqueous solution is maintained at about 65° C.

- 9. The method of claim 1, wherein the aqueous solution is an aqueous solution of $ZnCl_2$.
- 5 10. The method of claim 9, wherein the aqueous solution is from about 60% to about 75% ZnCl₂ in water.
 - The method of claim 9, wherein the aqueous solution is from about 65% to about 70% ZnCl₂ in water.
 - The method of claim 1, further comprising adding a salt to the aqueous carbohydrate solution prior to introducing the gas.
 - 13. The method of claim 12, wherein the salt is CaCl₂

- 14. The method of claim 1, further comprising adding a surfactant to said carbohydrate aqueous solution prior to the introducing of the gas.
- 15. The method of claim 1, wherein the gas is selected from air,20 carbon dioxide, nitrogen, helium or argon.
 - The method of claim 1, wherein the introducing of the gas comprises mechanical frothing.
- 25 17. The method of claim 1, wherein the introducing of the gas comprises reaction with a blowing agent.
 - 18. The method of claim 17, wherein the blowing agent is selected from the group consisting of carbon dioxide, nitrogen or ammonium chloride.

- The method of claim 1, wherein said foam is regenerated with a regenerating agent.
- 20. The method of claim 19, wherein the regenerating agent is 5 water.
 - 21. The method of claim 19, wherein the aqueous solution comprises an aqueous solution of zinc chloride, and wherein excess zinc chloride is removed prior to regeneration.
 - 22. The method of claim 21, wherein the removal of excess zinc chloride comprises contacting the foam with an organic solvent.
- The method of claim 22, wherein the organic solvent is
 selected from ethanol, methanol, or isopropanol.
 - The method of claim 19 further comprising placing the regenerated foam in a glycerol bath.
- 20 25. The method of claim 1, further comprising drying the foam.
 - 26. The method of claim 25, wherein the method of drying is selected from oven drying, microwave drying, freeze drying, chemical drying, or air drying.
 - 27. The method of claim 1, wherein the at least one carbohydrate comprises at least two carbohydrates.
- ${\it 28}. \hspace{0.5cm} \hbox{The method of claim 27, wherein the carbohydrates comprise } \\ {\it 30} \hspace{0.5cm} \hbox{cellulose and chitin.}$

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- 29. A method for producing a carbohydrate foam composition comprising the steps of:

 (a) pre-wetting a water-insoluble carbohydrate with a pre-wetting
 - agent;
 - (b) mixing said pre-wetted carbohydrate with an aqueous solution;
 - (c) adding a surfactant to said carbohydrate/aqueous solution;
 - introducing a gas into said carbohydrate/aqueous solution to foam; and
 - (e) regenerating said foam with a regenerating agent.
 - 30. The method of claim 29, wherein the carbohydrate comprises a substantially water insoluble carbohydrate selected from cellulose or chitin.
- 31. The method of claim 29, wherein the carbohydrate comprises15 cellulose and the cellulose is selected from mixed office waste or fluffed pulp.
 - 32. The method of claim 29, wherein the pre-wetting agent is water.
- 20 33. The method of claim 29, wherein the aqueous solution comprises zinc chloride.
 - 34. The method of 32, further comprising removing excess zinc chloride prior to regeneration by contacting the foam with an organic solvent.
 - 35. The method of claim 29, wherein the regenerating agent is water.
- 36. The method of claim 29, further comprising adding incompletely dissolved cellulose fiber to the carbohydrate/aqueous solution prior to the introduction of the gas.

- 37. The method of claim 29, further comprising spreading the foam onto a support substrate prior to regenerating the foam.
- 5 38. The method of claim 37, wherein the support substrate is selected from spunbonded webs, meltblown webs or extruded sheets.
 - 39. The method of claim 37, wherein the support substrate comprises a non-woven polyolefin material.
 - The method of claim 39, wherein the non-woven polyolefin material is selected from spunbonded or meltblown polypropylene.
 - The method of claim 29, further comprising drying the regenerated foam.
 - 42. The method of claim 41, wherein the method of drying is selected from the group consisting of oven drying, microwave drying, freeze drying, chemical drying, and air drying.
 - 43. The method of claim 29, further comprising mechanically opening the cells of the foam.
- 44. The method of claim 43, wherein the cells of the foam are 25 mechanically opened by rolling a roller over the surface of the regenerated foam.
 - 45. A method for producing a carbohydrate foam sheet comprising the steps of:
- (a) pre-wetting a water-insoluble carbohydrate with a pre-wetting
 agent;
 - (b) mixing said pre-wetted carbohydrate with an aqueous solution;

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- (c) adding a surfactant to said carbohydrate/aqueous solution;
- (d) adding a cross-linking agent to said carbohydrate/aqueous solution:
 - (e) introducing a gas into said carbohydrate/aqueous solution to foam:
 - (f) spreading said foam into a thin sheet; and
 - (e) regenerating said foam sheet with a regenerating agent.
- 46. The method of claim 45, wherein the carbohydrate is selected 10 from cellulose or chitin.
 - The method of claim 46, wherein the cellulose is selected from mixed office waste or fluffed pulp.
- 15 48. The method of claim 45, wherein the aqueous solution comprises an aqueous solution of zinc chloride.
 - 49. The method of claim 45, wherein the aqueous solution comprises an aqueous solution of zinc chloride and calcium chloride.
 - 50. The method of claim 48, further comprising removing the excess zinc chloride prior to regeneration by contacting the foam sheet with an organic solvent.
- 25 51. The method of claim 47, wherein the foam is spread onto a temporary support prior to regeneration.
 - 52. The method of claim 51, wherein the temporary support comprises a polyester sheet or a polytetrafluoroethylene coated glass sheet.

- 53. The method of claim 45, further comprising placing the regenerated foam sheet into a glycerol bath.
- The method of claim 45, further comprising drying the foam sheet.
 - 55. The method of claim 45, further comprising calendering the foam sheet.